

YOUTH

Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 30 children per class. Please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times. Minimum of 4 participants to hold class.

Ages: 1st – 9th grade
 Date: January 10 – May 26
 Day: Tuesdays and Thursdays
 Time: 1 pm – 2 pm
 Location: Patterson Park Community Center
 Fee: \$3 per child or Premium Admission
 Contact: Mike Philpott @ 893-7439 ext. 18

Homeschool P.E.—8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs. It is best for students to start at the first of the session for better understanding.

Ages: 13 to 17
 Date: Session 2: Jan. 3- May 30
 Day: Please call for day and time
 Location: Sports*Com Weight Room
 Fee: Premium Pass or \$3.00 each class --Students must preregister by one week before chosen session. Space is limited.
 Contact: Allison Davidson, 895-5040 or adavidson@murfreesborotn.gov

Youth Indoor Soccer

Youth Indoor Soccer is for children ages 8 – 12 years old to be able to compete in a six to seven week schedule with a single elimination tournament at the end of the season. Although this league signs up participants as a team, individuals are welcome to sign up and will be placed where space is available. All coaches must have a background check performed by the Murfreesboro Parks and Recreation Department in order to put a team in the league. Each player will pay \$3 or premium admission each night of play. Space is limited.

Ages: 8 – 12 years old (as of the start of the season)
 Date: Sign-ups: December 6 – January 10
 League Play: Week of January 17
 Day: TBA
 Time: First game may start at 6 p.m.
 Location: Patterson Park Community Center
 Fee: \$3 per child or Premium Admission
 Contact: Mike Philpott @ 893-7439, ext. 18

After School Programs

Join other youth in practicing their skills and participating in athletic activities. Activities will include basketball, floor hockey, dodgeball, and game room activities.

Ages: Youth
 Date: December-February
 Day: Monday, Wednesday, Friday
 Time: 3:00p.m. to 5:00p.m.
 Location: McFadden Community Center
 Fee: Free
 Contact: Gary Arbit, 893-1802

Youth Volleyball

Bump, set and Spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 11 - 17
 Dates: Thursdays
 Time: 4:30 to 6:00 P.M.
 Location: Sports*Com
 Fee: \$3 per visit or Premium Pass
 Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov



ADULT

50+ Basketball

For participants 50 years and over to play some half-court pick up basketball games in friendly competition. Come by Patterson Park Community Center on Tuesday nights starting at 6:30 p.m. and bring a friend.

Ages: 50 and up
 Date: November 16 – February 22
 Day: Tuesday nights
 Time: Starting at 6:30 p.m.
 Location: Patterson Park Community Center
 Fee: General Admission
 Contact: Mike Philpott @ 893-7439, ext. 18



Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults
 Dates: Mondays beginning in February
 Time: Games will begin at 6:00, 7:00 and 8:00 p.m.
 Location: Patterson Park
 Fee: \$4 per visit per person or Premium Pass
 Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov

Adult Power Coed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports*Com on Thursday nights, and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us and we will try to get you involved.

Ages: Adults
 Dates: Thursdays beginning in February
 Time: Games will begin at 6:00, 7:00 and 8:00 p.m.
 Location: Sports*Com
 Fee: \$4 per visit per person or Premium Pass
 Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov

Sports*Com Adult Basketball League

Sports*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. League offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: 30 and over
 Dates: Wednesdays beginning in January, 2011
 Time: Games will begin at 6:00, 7:00 and 8:00 p.m.
 Location: Sports*Com
 Fee: \$4 per visit per person or Premium Pass
 Contact: Thomas Laird – 615-907-2251, tlaird@murfreesborotn.gov



ADULT

Spring Adult League Basketball

Spring Adult League Basketball is designed for adults, 18 years of age and older, to compete against others in about a seven-week season with a single elimination tournament at the end of the season. Each player will pay \$4 or Premium Admission each night of play. Space is limited to eight teams.

Ages: 18 and up
 Date: Sign-ups: January 10 – February 4 (or until full)
 League Play: Tentative Start Date March 1
 Day: Tuesday and Thursday nights
 Time: Games are either 6:30 or 7:30
 Location: Patterson Park Community Center
 Fee: \$4 per player or Premium Pass
 Contact: Mike Philpott @ 893-7439, ext. 18

Adult Indoor Soccer

Adult Indoor Soccer is designed for adults, who are 18 years of age and older to compete against others in about a seven week season with a single elimination tournament at the end of the season. Each player will pay \$4 or premium admission each night of play. Space is limited to six teams.

Ages: 18 and up (as of the start of the season)
 Date: Sign Ups: December 6 – January 10
 League Play: Week of January 17
 Day: Wednesday nights
 Time: first game may start at 6 p.m.
 Location: Patterson Park Community Center
 Fee: \$4 per player or Premium Admission
 Contact: Mike Philpott @ 893-7439 ext. 18

**Adult Spring Softball Program Meeting**

For those interested in entering a team in the 2011 Adult Spring Church Softball League and/or Adult Open Softball League. There will be both men and women's teams. A team representative must attend this meeting.

Fee: \$350.00 per team
 Dates: Sunday, February 20, 2011
 Time: 2:00 p.m.
 Location: Sports*Com
 Ages: 18 years old and up
 Contact: Athletics Office at 615 – 907 – 2251

Spring Racquetball League

The Racquetball League is designed for men and women of all skill levels, who are 13 years of age and older, to compete against others in about a seven week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15 (Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available Divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under.

Ages: 13 and up
 Date: Sign-Ups: February 7 – March 18
 League Play: Tentative Start Date April 3
 Day: Day and time will be determined between opponents.
 Location: Patterson Park Community Center
 Fee: \$15 per player (Patterson Park Community Center admission is not included in the \$15)
 Contact: Mike Philpott @ 893-7439 ext. 18

